

New Teacher Checklist (adapted from *The English Teacher's Companion*, by Jim Burke)

Try to do as many of these activities as you can during your first year. Some are designed to improve your teaching, while others are designed to ensure you stay healthy despite the demands of your work

- ✓ Read professional journals that inspire you to stay current and motivated in your teaching field. Did you know that the PCHS library carries current issues of *Phi Delta Kappan* and has a shelf of relevant teaching publications in a professional educators resource section?
- ✓ Keep a journal to reflect on the day: what you did, how it went, how things are going overall, what you would do differently.
- ✓ Make a list of five essential companions at school to whom you can go for guidance and support when you need it.
- ✓ Go out to a movie
- ✓ Exercise
- ✓ Get fresh air and see the sun (especially if you have an interior classroom with no window to the outside!)
- ✓ Have a thought-provoking conversation about books, movies, or music at the lunch table or in the faculty lounge during a prep period. Deem off limits any conversation that dwells on discipline problems
- ✓ Go out to dinner with friends and take a break from grading.
- ✓ Dedicate time to spend with your spouse, kids, or on hobbies and interests outside of teaching.
- ✓ Get organized and keep up on the paperwork before it piles up on you!